

Summertime Salad

Chop and clean green leaf lettuce and a couple cups of kale. Before adding the kale with the green leaf lettuce, massage the kale with olive oil for a few minutes. This will help break down the fibers and make it easier to eat. Chop a yellow and green squash, a few radishes and any other veggie you would like. Set aside and refrigerate. Optional; add seeds, nuts, or avocado.

Make the salad dressing in a separate bowl and add to salad right before serving.

Salad Dressing

Mix together all the ingredients except the oil. Slowly whisk in the oil. Add lemon, mustard, s & p to taste.

- ¼ cup balsamic vinegar
- ½ cup olive oil
- Minced garlic
- Minced shallot
- Dijon mustard
- Lemon
- Touch of maple syrup
- S and P